



# Royal Rangers

Merit Requirements: **Gold-Bordered Merit**

## ADVANCED SWIMMING

**Note:** This merit, the Cycling Merit, or the Hiking Merit is required to earn the Gold Medal of Achievement.

Become certified by the American Red Cross as a Swimmer or Level V swimmer or qualify for an equivalent certification, OR complete the following requirements:

1. Demonstrate each of the following strokes:
  - a. 50-yard sidestroke, each side
  - b. 50-yard back crawl
  - c. 50-yard breaststroke
  - d. Endurance swim-crawl stroke for 200 yards
2. Demonstrate each of the following entries and dives:
  - a. Springboard dives: pike and tuck
  - b. Feet-first surface dive
  - c. Long shallow dive
  - d. One-meter board-jumping entry, standing dive
  - e. Stride jump
3. Do a survival float for five minutes.
4. Tread water for five minutes.
5. Swim underwater for 25 feet.
6. Do open turns: front, side, and back.
7. Demonstrate the following safety skills:
  - a. Artificial respiration
  - b. The release of a cramp while you're in the water
  - c. The proper use of personal flotation devices
  - d. Out-of-water reaching assists
  - e. Stride jump fully clothed: Remove shoes and clothing, then use shirt as a personal flotation device for three minutes.
  - f. Stride jump fully clothed: Remove shoes and clothing, then use pants as a personal flotation device for three minutes.
  - g. In-water rescue techniques, including those using rescue equipment